

Beef and Bean Chile Verde

Makes: 6 Servings

This recipe blends flavors and packs a nutritional punch as a source of iron

Ingredients

- 2/3 pound** ground beef (90% lean)
- 1** bell pepper, large (chopped)
- 1** onion, large (chopped)
- 6** garlic cloves (chopped)
- 1 tablespoon** chili powder
- 2 teaspoons** ground cumin
- 1 can** diced tomatoes, low-sodium (14.5 ounces)
- 1 3/4 cups** green salsa (or enchilada sauce, 1-16 ounce jar)
- 1 can** pinto or kidney beans (rinsed and drained, 15 ounces)



Directions

- Place meat, bell pepper, tomatoes, and onion in large sauce pan, . Heat on medium 8-10 minutes, stirring frequently until the meat is browned; drain fat.
- Add garlic, chili powder and cumin, cook until fragrant (15 seconds).

Nutrition Information

Nutrients	Amount
Calories	225
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	32 mg
Sodium	394 mg
Total Carbohydrate	28 g
Dietary Fiber	7 g
Total Sugars	7
Added Sugars included	0
Protein	17 g
Vitamin D	0 IU
Calcium	82 mg
Iron	4 mg
Potassium	847 mg
N/A - data is not available	

MyPlate Food Groups

 Vegetables	1 1/2 cups
 Protein Foods	1 1/2 ounces

3. Stir in salsa and bring to a boil.
4. Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally.
5. Add beans and cook until heated.

Notes

Learn more about:

- [Bell Peppers](#)
- [Onions](#)
- [Tomatoes](#)
- [Garlic](#)

Source: ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.